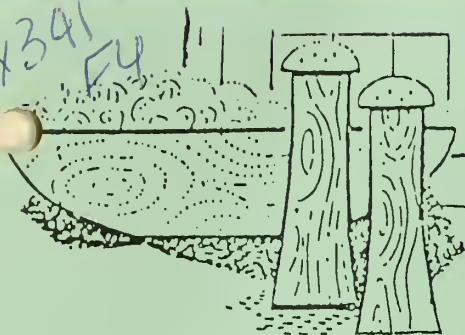


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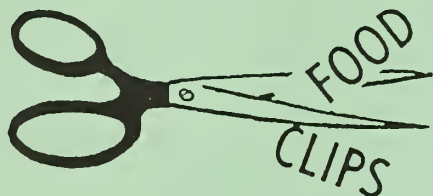
Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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Cottage cheese currently furnishes only about four percent of the calcium from all other cheeses -- it is not as good a source as most other kinds of cheese.

* * *

A small amount of dry gelatin, often added before a canned ham is sealed, is to cushion it during shipping. During processing, the natural juices cook out of the ham and combine with the dry gelatin. This combination of juices and the gel makes it appear as if there really was a "lot of gelatin".

* * *

Ham -- water added. What does it mean? Federal meat inspection regulations say hams must weigh the same during curing as before. If they weigh more because of water absorbed from the curing solution, they must be labeled "ham, water added".

* * *

Baking for people with food allergies? The different-flours used in recipes for persons with food allergies cannot be easily interchanged.

FOOD COMPOSITION DATA

— EXTENSIVELY REVISED

The first of a series of publications extensively revising Agriculture Handbook No. 8, the basic source of food composition data in this country, is off press.

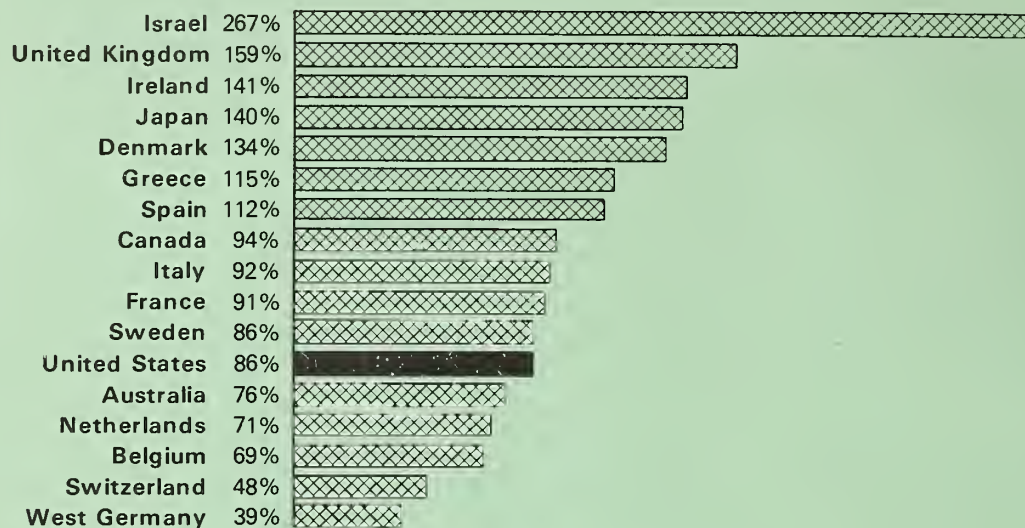
"Composition of Foods," Agriculture Handbook No. 8-1, is a basic reference for data on nutrients in dairy and egg products. It was prepared by nutritionists of USDA's Agricultural Research Service, assisted by ARS' computer stored Nutrient Data Bank.

The booklet, in looseleaf form to facilitate continuous, rapid updating, has data for 144 dairy and egg products -- more than twice the number in the 1963 edition. Most of the items in this revision are market products, although some home prepared food and foods used in institutional or manufacturing operations are included.

Each page has the nutrient profile of a single food item, given on the 100-gram (3.5 ounces) food basis, in two common measures, and in the edible portion of one pound as purchased.

(Con't. on page 4.)

AGRICULTURAL CHARTS

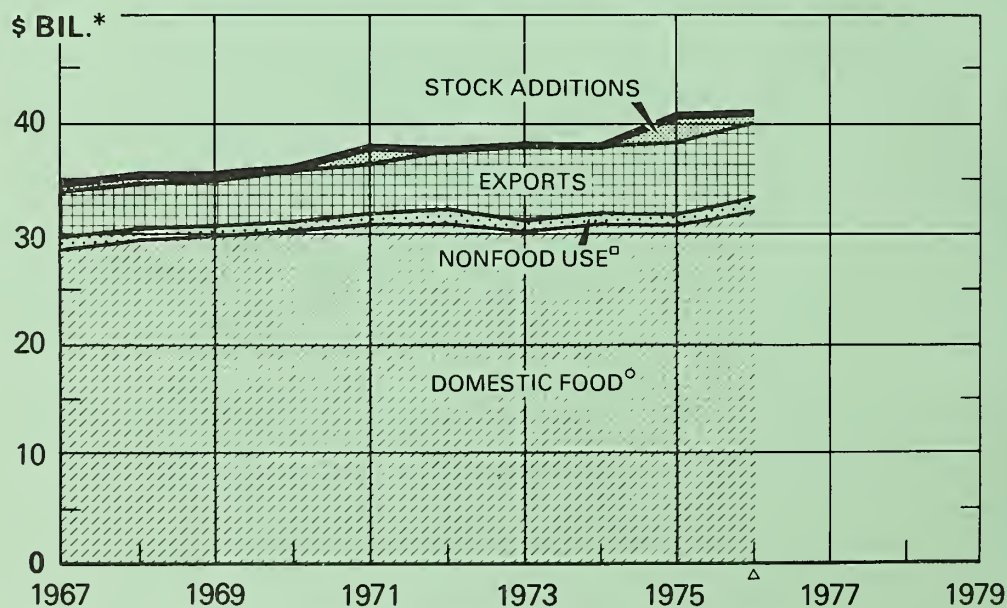
PERCENTAGE INCREASES
IN FOOD PRICES, 1965-75

SOURCE: MONTHLY BULLETIN OF STATISTICS, UNITED NATIONS, JUNE 1975.

USDA

NEG. ERS 285-76 (9)

USES OF U.S. FOOD PRODUCTS



* BASED ON 1957-59 FARM PRICES. [□] OTHER THAN FEED, SEED, AND CHANGE IN LIVE ANIMAL INVENTORY. [○] INCLUDES MILITARY USE. [△] PRELIMINARY.

Prepared by the Economic Research Service of the U.S. Department of Agriculture. Slides/prints of these charts are available to the PRESS for reproduction if requested to the Editor of Food and Home Notes.

ON UNDERSTANDING THE SYSTEM

— OF PRODUCING AND MARKETING TOMATOES

The tomato -- sometimes called the "love apple" is a leading fresh market vegetable with an average annual production (1972-74 figures) of about 2 billion pounds. But -- the tomato has been slipping in popularity. U.S. tomato acreage has declined one-fifth, in the past ten years.

Florida, one of our leading producers, slowed production because of increased competition from imported tomatoes, according to marketing specialists at the U.S. Department of Agriculture. California and Florida provide one-fourth of the tomatoes in the United States.

The commercial fresh tomato crop actually requires less than one-half of one percent of the Nation's cropland. New Jersey and South Carolina grow about three percent and Alabama, Michigan, Texas and Arkansas produce two to three percent. Other states produce less than two percent of the total annual production.

Fresh tomatoes -- available year-round in the United States -- good sources of vitamins A and C, contain about 35 calories. A typical consumer uses about 12 pounds of commercially grown tomatoes each year. Home gardens furnish a substantial quantity too.

In marketing tomatoes, the size is generally the most important consideration in pricing at shipping point and wholesale. For example, a large U.S. Number 2 grade tomato is priced above a small U.S. Number 1 grade. The price spread between sizes is largest during periods of normal or light supplies, but it narrows when supplies are heavy. Changes in supply naturally makes tomato prices highly volatile, reflecting an inelastic demand in the short run. Price ranges in 1974 changed on a Week-to-week basis to sixty percent -- but averaged out to fifteen percent, in 1974.

Tomatoes are graded by quality characteristics—firmness, shape, and freedom from defects such as decay.

FOOD COMPOSITION DATA (CON'T)

This format permits a concise presentation of the data and comparison of values from one unit of measure to another.

Values are provided for refuse, energy, proximate composition, 7 mineral elements, 9 vitamins, individual fatty acids, total saturated, monounsaturated, and polyunsaturated fatty acids, cholesterol, total phytosterols and 18 amino acids.

Collecting the data in Handbook No. 8 is a traditional function of Agricultural Research Service. USDA compiled the first basic food composition tables used in the U.S. more than 80 years ago. Each succeeding table has been expanded as the presence and role of vitamins, minerals and other dietary essentials were discovered.

The publication is intended primarily as a reference work for nutritionists and health-related scientists. Increased emphasis on food and nutrition in national programs has expanded the need for comprehensive, up-to-date information on the composition of foods.

Single copies of the publication, "Composition of Foods...Dairy and Egg Products...Raw, Processed, Prepared" Agriculture Handbook No. 8-1, may be purchased from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Price per copy is \$3.00.

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